

## Press Release

For immediate release

### Portland to Host a Training that Transforms Healthcare and Heals Communities

**WASHINGTON, DC, September 6, 2016** – For the first time, Portland will host world-renowned, Harvard-educated psychiatrist, Dr. James S. Gordon and the faculty of The Center for Mind-Body Medicine (CMBM) for [Mind-Body Medicine Fundamentals](#) — a five-day training CMBM's groundbreaking, evidence-based model for transforming healthcare and promoting personal wellness.

From October 14-18, health professionals, educators, and community leaders from around the world will come to Portland to learn the science and experience the techniques of mind-body medicine. The more than 200 professionals who are expected to attend will be taught proven mind-body approaches to the prevention and treatment of depression and anxiety, chronic physical illness, and psychological trauma.

*"We spend about twice as much as other industrialized nations on health care, often with inferior outcomes...Three-quarters of that is spent on chronic conditions, including heart disease, diabetes, cancer, arthritis, depression and chronic pain – exactly the ones for which self-care is best suited."*  
— James S. Gordon, MD, Founder and Executive Director, CMBM, in *The New York Times*

The Fundamentals training – which CMBM has been presenting for 20 years – teaches professionals to use the most effective tools for self-care and stress management. These include several forms of meditation, guided imagery, biofeedback and yoga; self-expression in words, drawings, and movement; and small group support.

More than five thousands professionals and community leaders in the US and abroad have learned and effectively applied CMBM's model in their work with cancer survivors, active duty US military and veterans, and medical students, with first responders after 9/11, children and families following the Sandy Hook shooting, and communities devastated by such natural disasters as Hurricane Katrina and the 2010 earthquake in Haiti.

*"After Katrina hit I received mops and a bucket from a disaster relief organization. From The Center for Mind-Body Medicine, I got my life back."* — Mindy Milan, LCSW, New Orleans, LA

Research in countries devastated by war, including Gaza and Kosovo, has shown that the CMBM model—the same one to be taught in Portland-- reduces symptoms of posttraumatic stress disorder (PTSD) by 80% in adults and children.

*"The Center for Mind-Body Medicine is doing pioneering work, making the best of the new medicine available to those who need it most."* – Dean Ornish, MD

CMBM's work with war traumatized children and adults has been featured [CBS 60 Minutes](#), in *The New York Times*, *The Washington Post*, *The Atlantic*, and *The Guardian*.

The Fundamentals training is the cornerstone of CMBM's Professional Training Program, which includes [Food as Medicine](#) — to be held November 2-6, 2016 at Kripalu Center for Yoga and Health in Western Massachusetts.

**Founder and Executive Director, James S. Gordon, MD**, is also a Clinical Professor of Psychiatry and Family Medicine at Georgetown Medical School, and chaired the White House Commission on Complementary and Alternative Medicine Policy under Presidents Clinton and G.W. Bush.

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